



# Principles of Health

## HLTH 1900

### May 18-June 19, 2026

#### Instructor Information

Kelly Perez M.Ed. MPH MCHES CWP NBC-HWC

- Email: [Kelly.Perez@unt.edu](mailto:Kelly.Perez@unt.edu) or email through Canvas
- Phone: 940-565-2629
- Office: PEB 210P
- [Zoom Meeting Room](#) or go to: <https://unt.zoom.us/my/kperezkhpr>

#### GA Information

Emily Hebb

- Email: [emilyjenkins2@my.unt.edu](mailto:emilyjenkins2@my.unt.edu) or email through Canvas

#### What You'll Be Learning

This course introduces principles of health behavior and fitness, effective strategies used for personal behavior change, and strategies to promote health in others. In addition, the course provides an overview of various health topics such as stress management, addiction and substance use, emotional health, nutrition, and physical activity as well as communicable and non-communicable diseases. Students are introduced to the skills and knowledge required to become a successful professional in health and wellness industries.

#### How We'll Learn Together

Although this course is asynchronous and completely online, you are an integral part of our learning community. You'll have the opportunity to be a part of a team where you'll share your insights and lived experiences and learn from one another. Being online will provide you with some flexibility. However, there are due dates throughout the course, so be sure to use the course calendar or devise a time management/reminder system to help you stay on top of your coursework.

\*F1 Visa holders, please be aware of the regulations and policies found at [F1 Visa Holders Regulations](#) regarding online courses.

## How to Demonstrate Your Learning (Course Objectives)

1. Identify the interrelated dimensions of health and wellness and their impact on individuals and communities.
2. Implement effective and appropriate strategies to change a specified behavior to improve one's health.
3. Examine behaviors and strategies to improve health and well-being.
4. Recognize how lifestyle choices and/or social determinants of health impact overall health and wellness.
5. Support others in their efforts towards changing health behaviors.
6. Examine various career paths in health behavior and fitness.

## Course Materials & Delivery

All of the content for this course is available in Canvas. There is no need to purchase a textbook.

This is an asynchronous online course, so, to fully participate in this class, you will need internet access to reference content on the Canvas Learning Management System. If anything changes, you will be informed of other technical needs to access course content. Information on how to be successful in a digital learning environment can be found at [Learn Anywhere](https://online.unt.edu/learn) (<https://online.unt.edu/learn>).

## Tips for Success

**Get Connected!** [Research](#) has shown that connectedness is an important factor in academic success. It can feel uncomfortable to reach out for help and ask questions, but it is a good skill to develop. I would love for you to reach out to request a time to connect. Share your goals with me, ask questions about the course, etc. There will be no formal office hours during this summer session, but I encourage you to get connected and meet with me virtually. We can meet virtually using the [zoom meeting room](#) mentioned at the top of the syllabus.

*Please use your UNT email or Canvas for communication.*

### **Use Your Resources!**

We all need more support sometimes. Don't suffer in silence or feel you have to go at this alone. University life is filled with challenges! UNT has so many great resources to support you.

### [Office of Disability Access](#)

The Office of Disability Access (ODA) can work with you on academic accommodations if needed. The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time; however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. You must obtain a new letter of reasonable accommodation each semester and meet with each faculty member before each class's implementation. For additional information, refer to the [Office of Disability Access](#) website. You may also contact ODA by phone at (940) 565-4323 or visit their website to begin the registration process for additional support.

Additional Resources I encourage you to take advantage of are:

- [UNT's Counseling and Testing Services](#) can provide psychological counseling and academic testing
- [UNTWell](#) provides FREE individual and group counseling as well as a vocational assessment
- [UNT Food Pantry](#) is a great resource if you or someone you know experiences food insecurity
- [Academic Success Center](#) can support you in your academics
- [Student Counseling Center](#) includes Togetherall (access on Canvas navigation menu) and many other resources
- [Succeed at UNT](#) provides many resources to help you succeed while you're at UNT

## Our Learning Community

It is my goal to create an inclusive learning environment. Every student should feel supported in sharing their unique perspective and be treated with respect. You are an integral part of our learning community, and your viewpoint and perspective are valuable to your fellow learners. Through our group discussions, you'll have opportunities for collaboration, so your participation is essential to not only your learning but your fellow team members. For you and your teammates to get the most out of the course, please do your part by participating fully, sharing your insights and doing so by the deadlines provided. When connecting with me and your fellow students, please keep an open mind and communicate in a respectful manner. We don't all have to agree, but we can learn from one another's unique perspectives. I encourage you to review UNT's student code of conduct so that we can all start with the same baseline of understanding ([Code of Student Conduct](#)).

## Let's Talk About Artificial Intelligence (AI)

AI tools can be helpful for learning, and I encourage you to use them responsibly. Some assignments will specifically allow AI use. If an assignment doesn't mention AI, you can still use it—but you must be transparent.

When you use AI, include a short note with:

- **Where** you used AI in your process
- **Which tool** you used
- **Your prompt** (or a link to the conversation)

Example:

"I used ChatGPT to improve the tone of my writing after drafting my own ideas. Here's the prompt I used..."

AI should support—not replace—your own thinking and learning. If you're unsure whether AI use is okay, just ask! I'm happy to help.

## How Your Learning, Effort and Participation will be Assessed

A = 319-355 points	90-100%
B = 284-318 points	80-89%
C = 248-283 points	70-79%
D = 213-247 points	60-69%
F = 212 points or lower	59% or lower

### Assignment Deadlines

Deadlines are a part of life. There are deadlines to register or RSVP for events, deadlines your employer may have for you, deadlines to catch a flight, etc. So, part of our learning is learning how to manage our time, stay organized and adhere to assignment deadlines. In some instances, such as team discussions, if you don't contribute your input by the deadline, it can negatively affect your teammates. So, please do your best to adhere to the deadlines set throughout the course.

### Late Work

Late assignments will be deducted by 15% each day for up to 3 days after the original due date. After that, no points will be awarded. For example, if you submit within 48 hours of the due date/time, you'll receive 30% of the total possible points earned. However, I understand that situations will arise occasionally causing you to need an extension on an assignment. If you notify me **BEFORE** an assignment is due, we may be able to work together on a reasonable timeline for submission.

### Questions about Grades/Grade Disputes

We will do our best to grade assignments within 5-7 days of the day they're due/submitted. I recommend you keep Canvas notifications on so you will be alerted once an assignment is graded. You have one week from the date that grades were received to dispute any grades you feel may have been entered incorrectly.

### Easter Eggs

There will be several opportunities for extra credit throughout the course. These hidden gems will be referred to as 'Easter Eggs' just as there are Easter eggs in video games and movies. These opportunities will be shared within module overviews, lectures and in announcements but are intentionally designed for students who are paying attention to details. This is your first one. If you are reading this, you will earn extra credit if you email within the first week of the course one thing I should know about you that will help me get to know you better. The subject line should be Easter Eggs to receive the extra credit.

### Technical Difficulties?

If you have any technical issues submitting your assignments in Canvas, please do the following:

- Check that you are using a compatible browser, like Google Chrome.
- Contact the [Help Desk](#) for technology support.
- Email your instructor your assignment and a screenshot of your chat with the Help Desk if they cannot assist you with the submission issue. This will show me that you completed it on time. Then, resubmit to Canvas once you are able (occasionally, there are temporary glitches).

## How Our Time Together Will Be Organized

Open this [link](#) for a list of topics and assignments we will be working on together throughout the course. This same information can also be found at the end of the syllabus.

## Grading and Assignments

**Quizzes:** 125 points total (8 @ 15 points each & 1 @ 5 points)

- Quizzes will be based on the learning materials provided in each module. You will have one attempt for each quiz and a 35-minute time limit. Please plan to complete all quizzes in one sitting. All quizzes are available at the start of the course if you want to work ahead, however, due dates are scheduled throughout.

**Discussions:** 80 points total (5 @ 10 points & 2 @ 15 points)

- Discussions will be held within a small group or team, so you will get to know each other and (hopefully) build a sense of trust and community. Take the time to share about yourself and read through all of the responses from your teammates in the 'Help Us Get To Know You' discussion during week one. Some discussions will be used for reporting on your personal efforts towards a health behavior change, so this will be your accountability and support team. Other discussions will allow you to explore health-related topics introduced in the course. Discussions must be completed on the week they're assigned, so no working ahead (or going back) for those. All initial discussion posts are due on Thursdays and follow-up with at least two peers in our discussion team on Sundays.

**Assignments:** 80 points total (2 @ 10 points, 2 @ 15 and 1 @ 30 points)

- There will be various assignments spread out throughout the course ranging from 10-30 points. These assignments can be completed any time and include explorations of various resources, an analysis of your physical activity and nutrition habits as well as an opportunity to explore a health-related career of your choice.

**Personalized Learning Final Plan & Project:** 70 points (Plan @ 15 points and Project @ 55 points)

- The final project allows you to explore a topic from the course more in depth. There will be a project proposal due during week 3 and the final project is due on the last day of the course. My hope is that you will choose a topic that interests you so that it doesn't even feel like work. What are you curious about? What are you passionate about? If it is health related, you can research it and share it in a creative way. More details on this assignment can be found in Canvas.

## Additional UNT Policies and Resources

- [Student Academic Integrity policy](#) Students who use other people’s work without citations will be violating UNT’s Academic Integrity Policy. Please read and follow this important set of guidelines for your academic success. An academic integrity violation could result in loss of points, a failing grade for the assignment or course, suspension or even expulsion depending on the severity. It’s not worth a chance, so do your own work and ask for an extension if you need more time on an assignment.
- [Summer 2026 Registration Deadlines](#) It may be helpful to make note of important drop/add deadlines, etc.
- [Student Support Services and Policies](#) There are many resources available on this site that may be worth bookmarking

## Course Assignments/Schedule

<b>Week</b>	<b>Topic/Module</b>	<b>Assignment Due</b>	<b>Due Dates</b>	<b>Points Possible</b>
<b>Week 1</b>				
<b>5/18</b>	<i>Module 1-Let’s Get Started!</i>	<i>Syllabus Quiz</i>	<i>5/21</i>	<i>5</i>
<b>to</b>		<i>Discussion: Help Us Get to Know You!</i>	<i>5/21 &amp; 5/24</i>	<i>10</i>
<b>5/24</b>	<i>Module 2-Healthy Change</i>	<i>Module 2 Quiz</i>	<i>5/24</i>	<i>15</i>
		<i>Discussion: Planning for a health behavior change</i>	<i>5/21 &amp; 5/24</i>	<i>10</i>
	<i>Module 3-Mental Health</i>	<i>Module 3 Quiz</i>	<i>5/24</i>	<i>15</i>
		<i>Assignment: Keys to Wellbeing</i>	<i>5/24</i>	<i>10</i>
			<b>Total points</b>	<b>65</b>
<b>Week 2</b>				
<b>5/25</b>	<i>Module 4-Stress</i>	<i>Module 4 Quiz</i>	<i>5/31</i>	<i>15</i>
<b>to</b>		<i>Discussion: Reporting Behavior Change Progress #1</i>	<i>5/28 &amp; 5/31</i>	<i>10</i>
<b>5/31</b>	<i>Module 5-Relationships &amp; Reproductive Choices</i>	<i>Module 5 Quiz</i>	<i>5/31</i>	<i>15</i>
		<i>Assignment: Healthy Relationships</i>	<i>5/31</i>	<i>10</i>
	<i>Module 6-Addiction &amp; Substance Abuse</i>	<i>Discussion: Addiction &amp; Drug Abuse</i>	<i>5/28 &amp; 5/31</i>	<i>15</i>
			<b>Total points</b>	<b>65</b>
<b>Week 3</b>				
<b>6/1</b>	<i>Module 7- Nutrition</i>	<i>Module 7 Quiz</i>	<i>6/7</i>	<i>15</i>
<b>to</b>	<i>Module 8-Physical Activity</i>	<i>Module 8 Quiz</i>	<i>6/7</i>	<i>15</i>
		<i>Nutrition &amp; Physical Activity assignment</i>	<i>6/7</i>	<i>15</i>
<b>6/7</b>	<i>Module 9-Weight &amp; Body Image</i>	<i>Assignment: NEDA website exploration</i>	<i>6/7</i>	<i>15</i>

		<i>Discussion: Reporting Behavior Change Progress #2</i>	<i>6/4 &amp; 6/7</i>	<i>10</i>
		<i>Personalized Learning Project Plan</i>	<i>6/7</i>	<i>15</i>
			<b>Total points</b>	<b>85</b>
<b>Week 4</b>				
<b>6/8</b>	<i>Module 10-Infectious Diseases</i>	<i>Module 10 Quiz</i>	<i>6/14</i>	<i>15</i>
<b>to</b>	<i>Module 11 Career Exploration</i>	<i>Assignment: Career Exploration</i>	<i>6/14</i>	<i>30</i>
<b>6/14</b>	<i>Module 12- Non-Communicable Diseases</i>	<i>Module 12 Quiz</i>	<i>6/14</i>	<i>15</i>
		<i>Discussion: Weight Loss Drugs debate</i>	<i>6/11 &amp; 6/14</i>	<i>15</i>
			<b>Total Points</b>	<b>75</b>
<b>Week 5</b>				
<b>6/15</b>	<i>Module 13-Personalized Learning</i>	<i>Discussion: Final report on Behavior Change</i>	<i>6/18 &amp; 6/19</i>	<i>10</i>
<b>To 6/19</b>		<i>Personalized Learning Final Project</i>	<i>6/19</i>	<i>55</i>
			<b>Total Points</b>	<b>65</b>